



Families4Guard



Issue 5

January 2012

Welcome to the "Families4Guard"

The Mississippi Army National Guard Newsletter



STATE FAMILY PROGRAM

To the Guard Family: I would like to wish everyone a very safe New Year and look forward to seeing you next year.

State Family Director
MAJ James A. Clark,
james.andrew.clark@us.army.mil
601-313-6379



Popular New Year's Resolutions

These New Year's resolutions are popular year after year. Find resources to help you achieve your goals.

Drink Less Alcohol

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. Alcoholics Anonymous offers meetings throughout the area. There is also a group for Parents of Teenage Alcohol and Drug Abusers. There are also a number of treatment-based programs, as well as support groups for families of alcoholics.

Get Fit

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape.

Lose Weight

Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

Manage Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead. Call Willie McGriggs our Military Family Life Consultant about your financial situation. Let Willie help you set up a budget for 2012.

Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter

availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! tries as well. Locally, there are a variety of free support services, hotlines and smoking cessation classes to help you kick the smoking habit.

- [Reduce, Reuse, and Recycle](#)
- [Save Money](#)
- [Take a Trip](#)
- [Volunteer to Help Others](#)
- [Eat Healthy Food](#)
- [Get a Better Education](#)
- [Get a Better Job](#)

• [Manage Stress](#)

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.



FINANCIAL FITNESS

Are you ready to get financially fit? Willie McGriggs our Military Family Life Consultant, is a new member of the JFSAP team and is here to assist you in reaching your financial goals. He can team up with you and help you identify your dreams, create a plan tailored to those dreams, and track your progress along the way. Whatever challenge you're facing, such as debt management, or investment and retirement planning, Willie is your financial coach. Call him today at 601-214-5230, for a confidential financial review.

Financial Planner

Willie McGriggs
601-214-5230
williemcgriggs@aol.com



Paul Purser, FAC Coordinator
Jackson, MS
601-313-6502

FAMILY ASSISTANCE CENTER (FAC)

Family Assistance Centers throughout the state are here to provide help and support to Service Members and their families in times of need. Family Assistance Center Supervisors (FAC's) are provided to simplify the process of accessing needed services and support for Military Families. The primary mission of a FAC's, which includes assistance regardless of deployment status as well as monthly proactive contact to each Family during deployment, is to inform and emotionally support Families so Service Members can perform their mission. The FAC Toll Free number is 1(888)-288-4898.

FAC CENTERS

Blenda Gann	CP Shelby
Janice Smith	CP Shelby
Sumer Works	CP Shelby
Betty Lambert	CP Shelby
Johnnie Kimbrough	Starkville
Laurie Landry	St. Martin
Kathie Ladner	St. Martin
Cliff Olson	Senatobia
Ricky Posey	Meridian
Bill Shack	Tupelo
Tootsie North	Jackson

FAC PHONE NUMBERS

Blenda Gann	601-558-2405
Sumer Works	601-558-2884
Betty Lambert	228-297-2153
Laurie Landry	228-396-4962
Kathie Ladner	228-396-4962
Cliff Olson	662-562-6920
Ricky Posey	601-553-3195
Bill Shack	662-891-9754
Tootsie North	601-313-6501

MILITARY FAMILY LIFE CONSULTANTS

(MFLC's)

Are there Family concerns or Family issues that need to be addressed? We have MFLC's to help you with your problems.

Military Family Life Consultant:

Youth and Children

Kerry Johnson

601-497-3128

kerry.c.johnson@healthnet.com

Adults

Kyseta Warner-Armstrong

601-850-0417

kyseta.x.warner.armstrong@healthnet.com



STATE FAMILY READINESS

Commanders, Soldiers, and Family members have sometimes treated Family Readiness as something to be dealt with the day of the mobilization ceremony. Some of us treat readiness like showing up to a race with little training or preparation. Just as a Soldier cannot prepare for deployment on the day they leave, or an athlete run a good race without training; a family cannot

prepare for deployment or separation while the buses are pulling out from the armory. Some readiness issues include personal finance, legal issues, TRICARE, managing separation, child care planning, and spouse employment. With increased focus on Family Readiness and maintaining a healthy mind, body and soul, we take the focus off of the worrying and empower the Family Members to work with matters under control which allows the Warrior to stay focused on the mission. If you participate with your FRG – Congratulations and Thank You! If you don't currently participate, we invite you to become involved in our MS National Guard Family. To become involved, with a Family Readiness Staff Member to provide additional support, resources and training to volunteers, your unit and your Family Readiness Group. For more information you may also contact your State Family Readiness Program office. Olevia Jane Lyon, Family Readiness Assistant, (FRA) MPSC-Contractor 601-313-6766 or olevia.lyon@us.army.mil



Our MilitaryOneSource representative is:

Marshay Lawson

Phone: 601-874-4641 or

MarshayLawson@militaryonesource.com

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. Military OneSource offers free, 24/7 access to a confidential resource and referral support for service members and their families in order to improve the quality of their lives and the effectiveness of the military community. It is a virtual extension of installation services. Visit Military OneSource today at www.militaryonesource.com or call 1-800-342-9647.

MISSISSIPPI YELLOW RIBBON EVENTS 2012



**185TH AV Post 1 & 2
21/22 January 2012
Jackson Convention CTR
105 E Pascagoula St.
Jackson MS 39201**

172nd & 186th Post 1 & 2
21/22 January 2012
Jackson Convention CTR
105 E Pascagoula St.
Jackson MS 39201
172nd & 186th Demob
4/February 2012
Hollywood Casino
711 Hollywood BLVD
Bay St. Louis, MS 39520

1108th AVCRAD Demob
4/February 2012
Hollywood Casino
711 Hollywood BLVD
Bay St. Louis, MS 39520

184th & 204th Post
11/12 February 2012
MSU-Riley Center
2200 5th St
Meridian, MS 39301



STRONG BONDS

Strong Bonds – Couples

Retreat:

Strong Bonds programs are offered by Army Chaplains with the full support of your Commanding Officer. You'll gain practical, useful information based on world-class curriculum developed from years of research. In small groups, you'll participate

in activities that renew bonds with your peers. And, as a couple, you'll practice communication and relationship building skills, as well as share intimate moments. The Strong Bonds Couples weekend retreat is designed to strengthen relationships, to inspire hope and rekindle marriages — even start the journey of healing for relationships under fire. **Due to budget cuts there will be a change in ITO's this year.**

Upcoming dates for Strong Bonds retreats to be determined for 2012.

Tentative Schedule is:

Coming Soon in February



ESGR

Representative:

Jackie Sharp

601-313-6508

jackie.d.sharp@us.army.mil

MILITARY FAMILY LIFE **CONSULTANTS**

(MFLC's)

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**American
Red Cross**

Together, we can save a life

THE AMERICAN RED **CROSS**

The Red Cross is actively involved in Family Programs. Currently The American Red Cross is pleased to provide FREE or discounted certification classes to military family members, their children, and veterans. Certification offers a variety of benefits to include: Lifesaving skills, job skills/resume boosters, college application builders and more. In most cases, certification courses include any combination of: Adult/Child/Infant CPR, Basic First Aid, Babysitting, Blood Borne Pathogens, and Automated External Defibrillator (AED). Some chapters even provide Lifeguard Training and Nurse Assistant Training. For motivation on why you should obtain this training, visit: **www.redcross.org** and look at the "Get Trained" Section and the videos posted on "Prepare for a Safe Summer".

JANUARY 2012

RECIPES

FROM SOUTHERN

LIVING

MAGAZINE

Main Dishes

[Black Beans and Rice](#)

[Chicken-and-Cornbread Dressing](#)

[Chicken-Fried Steak with Redeye Gravy](#)

[Chicken Pot Pie with Bacon-and-](#)

[Cheddar Biscuits](#)

[Country-Fried Steak with Uncle Ellis'](#)

[Cornmeal Gravy](#)

[Down-South Banh Mi](#)

[Gulf Coast Shrimp and Grits](#)

[Ham Salad](#)

[King Ranch Chicken Mac and Cheese](#)

[Lowcountry Shrimp and Grits](#)

[Meatloaf-and-Mashed Potato](#)

[Sandwiches](#)

[Open-Faced Meatloaf Sandwiches](#)

[Ratatouille](#)

[Red Beans and Rice](#)

[Roast Chicken](#)

[Scrambled Egg Muffin Sliders](#)

[Skillet Chicken Pot Pie](#)

[Slow-cooked Barbecued Chicken](#)

[Slow-cooked Barbecued Chicken](#)

[Sandwiches](#)

[Slow-cooker Mustard Barbecued Pork](#)

[South Carolina Sliders](#)

[Texas-Style Barbecued Beef Brisket](#)

WHITE LIGHTNING CHICKEN CHILI

Don't drain the chopped green chiles or navy beans. Serve chili with cornbread.

- 1 large sweet onion, diced
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 4 cups shredded cooked chicken
- 2 (14 1/2-oz.) cans chicken broth
- 2 (4.5-oz.) cans chopped green chiles
- 1 (1.25-oz.) package white chicken chili seasoning mix
- 3 (16-oz.) cans navy beans
- **Toppings:**
- [Avocado-Mango Salsa](#)
- Sour cream, shredded Monterey Jack cheese, fresh cilantro leaves

Preparation

1. Sauté onion and garlic in hot oil in a large Dutch oven over medium-high heat 5 minutes or until onion is tender. Stir in chicken, next 3 ingredients, and 2 cans navy beans. Coarsely mash remaining can navy beans, and stir into chicken mixture. Bring to a boil, stirring often; cover, reduce heat to medium-low, and simmer, stirring occasionally, 10 minutes. Serve with desired toppings.

Note: We tested with McCormick White Chicken Chili Seasoning Mix.

Recipe Time

Hands On: 30 Minutes

Total: 30 Minutes



**ENJOY SOMETHING NEW
THIS YEAR.**

Sides

[Bacon-and-Cheddar Corn Muffins](#)

[Beer-Pimiento Cheese Muffins](#)

[Cornmeal Gravy](#)

[Ham-and-Swiss Corn Muffins](#)

[Miniature Beer-Pimiento Cheese Muffins](#)

[Mom's Lucky Black-eyed Peas](#)

[Pickled Peppers & Onions](#)

[Quick-Soak Black-eyed Peas](#)

[Redeye Gravy](#)

[Roquefort Noodles](#)

[Southern Mac and Cheese](#)

[Southwestern Chile-Cheese Corn Muffins](#)

[Sweet Potato Cornbread](#)

[Tangy "Baked" Beans](#)

[Tex-Mex Mac and Cheese](#)

[Uncle Ellis' Cornmeal Gravy](#)

Soups & Salads

[Easy Potato Salad](#)

[Lone Star Slaw](#)

[Lowcountry Slaw](#)

[Simple Slaw](#)

Sweets

[Applesauce Muffins with Cinnamon](#)

[Streusel Topping](#)

[Buttermilk-Poppy Seed Muffins](#)

[Coffee Cake Pound Cake](#)

[Summer Blackberry Cobbler](#)

[Winter Blackberry Cobbler](#)

Extras

[Avocado-Mango Salsa](#)

[Cinnamon Streusel Topping](#)

[Orange Glaze](#)

<http://www.southernliving.com/food/kitchen-assistant/southern-living-january%20recipes-00417000076558/>



Our Military Kids provides substantial support in the form of grants to the children of National Guard and Military Reserve personnel who are currently deployed overseas, as well as the children of Wounded Warriors in all branches. The grants from Our Military Kids pay for participation in sports, fine arts, camps, and tutoring programs that nurture and sustain children while a parent is away in service to our country or recovering from injury.

Email address:

OMKInquiry@ourmilitarykids.org

**Phone: (703) 734-6654, or toll free
(866) 691-6654**

Fax: (703) 734-6503

Address:

**Our Military Kids, Inc.
6861 Elm Street, Suite 2A
McLean, VA 22101**



2012 IS HERE!!!!

It's the beginning of a new and exciting year!!! Many people like to pursue what is called a new year's resolution or a goal you would like to accomplish this coming year. Do you have a new year's resolution in mind? If you are having trouble thinking of a goal you would like to achieve for 2012, here are some popular ones you might want to practice!

(See next page for tips)

STATE YOUTH COORDINATOR (SYC)

**allen.pope@us.army.mil
601-313-6765**

**jan.reeves@us.army.mil
601-313-6620**



1. Get Healthy

Getting healthy doesn't just mean losing weight. It can also mean playing more sports, making healthier eating choices or just resolving to get off the couch a little more often. Make one small change at a time - like riding your bike to school instead of taking the bus, or ordering a salad instead of a burger - and you'll have an easier time keeping this resolution.



2. Get Happier

This is a little more of an abstract resolution that can mean different things to different people. See if you can find ways to **boost your self-esteem**, or just spend more time doing things that you love instead of things that make you feel bad about yourself.



3. Be a Better Person

Being a good person - by donating your time or old stuff to those in need, or just by throwing some random acts of kindness into your daily routine - feels so good that it can be addictive.



4. Find Love

You can be perfectly happy by being single, but be honest: wouldn't it feel great to find a great boyfriend or girlfriend? There's no magic spell that'll bring love into your life, but if you allow yourself, you can love and be loved.



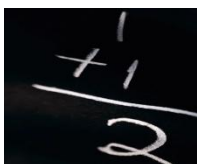
5. Show More Love to Your Family

Like it or not, your family is made up of the most important people in your life. This year, take a couple of deep breaths and resolve to be a little nicer to them.



6. Be a Better Friend

The more love you give to your friends, the more love they'll give back to you. So, basically, if you stick to this New Year's resolution you've got nothing to lose. Find a couple of ways to help a friend out this month. Not only will you be making someone feel good, you'll also be building up some karma for when *you* need help.



7. Get Better in School

You don't need to suddenly turn yourself into a straight-A student - but if you bump up your school performance by just a little bit this year, you'll feel better about yourself, you'll make your parents proud, and you'll be setting yourself up for a brighter future. So it's a good idea all around.



8. Be a Role Model

Being a good role model is easier than it sounds. All you have to do is make smart decisions - and then make sure that other people are listening in on it. You can handle that, right?

A HAPPY NEW YEAR

New Year's

I J D A W L S N O I S E M A K E R R B M
M F X E T O A S T N C O V I O Z F C K F
I Z Q R Z D Y Y S N O O L L A B K S N P
O K G A L T H E B D A N U W B I U H B S
W X Q U K H A T Z O G D B N A I Q N M L
W T T Q M G P U K W F N J H T Z C Y Q Z
W U N S Y I P J S O P Q S X M D X D T T
N Q T S F N Y Q Y T R A P T X X O N F B
J Y Q E I D N A H E V E S R A E Y W E N
O I S M R I E L D V A C X S P M A N N J
M P I I E M W L F S R B G P R S O O T K
G S T T W P Y L F G R F S W R E D C X V
T H E F O V E A N C D A N Z Q T Y D J C
D M Q S R L A B V O Y W E F Y I K I S S
E Q I C K P R T D N Z U M Y R Y E D Y A
S W B N S F C O Z F C O Z E W S N H Z P
I U F Y O B X O O E K D K D P E Y M G B
E V O G F X X F J T J B Q B I P N U X L
F X U O W F S W R T Q J C R W T X J N R
E I Q F R P G S R I R N F E I Z H D C R

- NEWYEARS DAY
- FOOTBALL
- FIREWORKS
- TOAST
- CONFETTI

- NEWYEARSEVE
- PARTY
- KISS
- FRIENDS
- BALLOONS

- MIDNIGHT
- TIMESSQUARE
- NOISEMAKER
- COUNTDOWN
- HAPPYNEWYEAR